



41. Brockenlauf, 21. Ilsesteinlauf
 Ilsenburg / 03.09.2011

Detailed evaluation

Tews, Karl-Heinz

Club: LLG St. Augustin
 Number: 671

Course: 9.60 km
 Ilsesteinlauf

Category:
 Männer M60

Total time: 46:10

Speed: 11.70 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 34 (of 149)

Rank in course/Men: 32 (of 107)

Best time in course: 33:05

Rank in category: 1(of 7)

Best time in the category: 46:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:36	5:45	1	-	37	7:21	4.10	23:36	5:45	1	-	32	7:21
Loddenke	2.20	9:43	4:24	1	-	46	3:01	6.30	33:19	5:17	1	-	32	10:22
Ilsenburg/Markt	3.30	12:51	3:53	1	-	21	2:43	9.60	46:10	4:48	1	-	32	13:05